

Vitamin A Food Sources

The Washington Minimum Licensing Requirements for child care programs requires serving a plant source of vitamin A **at least 3 times a week**. (1/4 cup provides 10% or more of the daily needs for a 4-8 year old.)

Apricots

Cantaloupe

Mangos

Nectarines

Peaches

Sour cherries (water-packed)

Mixed vegetables, with carrots and broccoli

Broccoli



■ Carrots

■ Pumpkin

■ Spinach

■ Tomato paste

■ Sweet potatoes or Yams

■ Winter squash

■ Greens (mustard, collard, turnip)



Ideas for Adding Vitamin A to Your Menu

- Add grated or chopped carrots, squash, sweet potatoes or greens to vegetable soup.
- Dice mangoes, papaya or cantaloupe into fruit cocktail.
- Bring dried apricots on a field trip.
- Add canned pumpkin to muffins or cookies.
- Add tomato paste or puree to sauces soups and casseroles.
- Make a stir-fry and add carrots or broccoli.
- Make Asian coleslaw out of shredded Chinese cabbage and carrots.
- Serve squares of winter squash baked with brown sugar and butter.
- Make a cream of spinach or pumpkin soup.

